

syukran

10 reasons to eat dates, *tamar*

The pain relieving qualities found in dates

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

01

Mentioned in the Quran

“ *And shake towards you
the trunk of the palm
tree, it will drop on you
fresh ripe **dates***”

Al-Quran Surah Maryam. 17:25

“

And shake towards you

the trunk of the palm

to

for

Allah speaks to the mother
of Prophet Isa a.s.

Al-Quran Surah Maryam. 17:25

Did you know?

This verse reveals, when the mother of Prophet Isa a.s. was giving birth to him and she was experiencing pain.

Al-Quran Surah Maryam. 17:25

02

**Beneficial for pregnant women
and nursing mothers**



Dates contain certain stimulants which assist in the **strengthening** of the muscles of the womb



...which can lead to an
easier **delivery**.

03

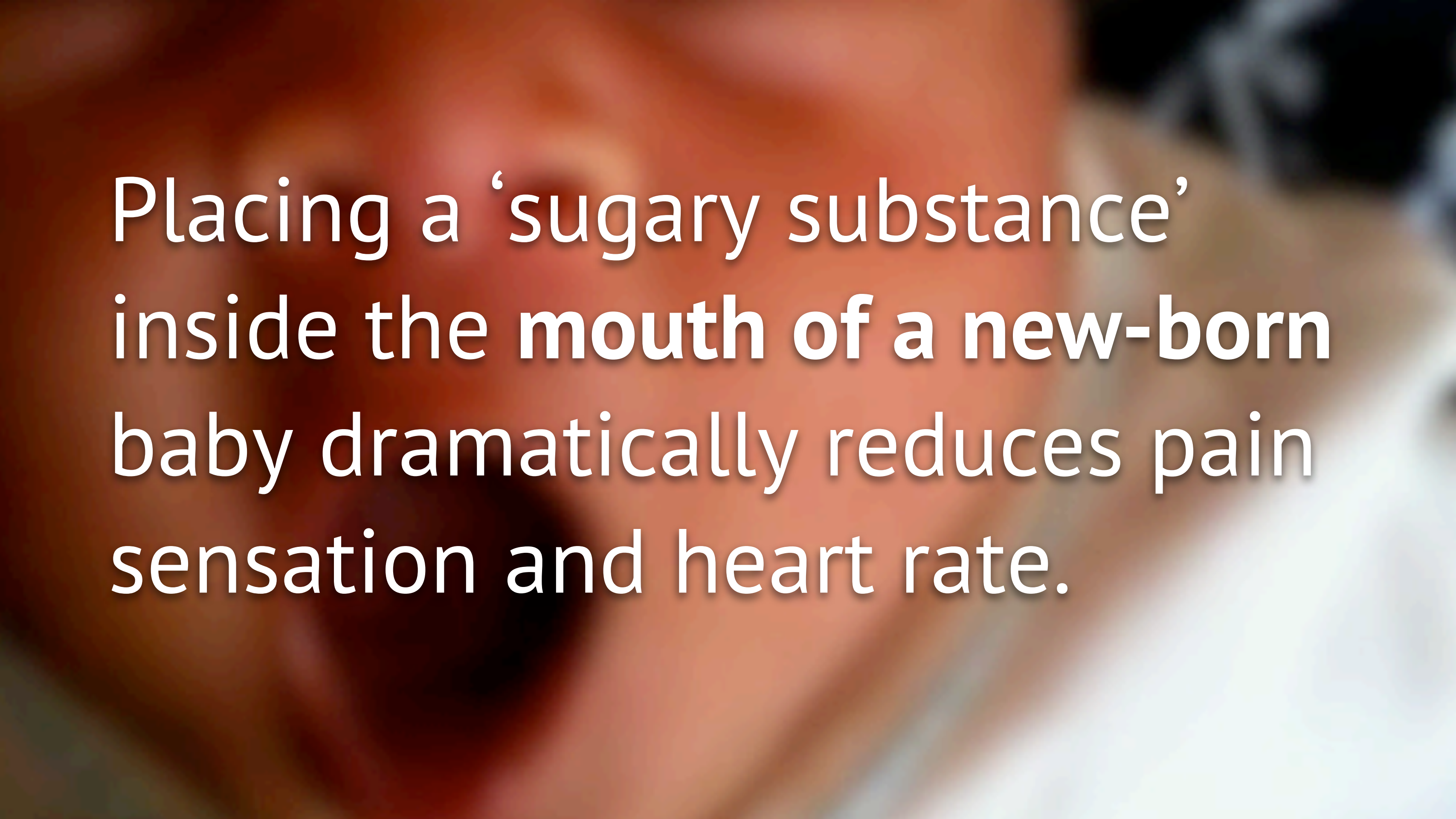
Contains 80% of sugar



Making it an ideal high energy food for
nursing mothers.

03

Reducing pain sensation



Placing a 'sugary substance'
inside the **mouth of a new-born**
baby dramatically reduces pain
sensation and heart rate.

04

It is easily and quickly
digestible, and very helpful to
the brain.

Brain



05

Help kidney to function
normally

An anatomical illustration of a kidney cross-section, showing the internal structure including the renal cortex, medulla, and pelvis. The illustration is rendered in a dark, detailed style, typical of medical textbooks.

Fast Facts

The functions of kidney is to keep the blood clean and chemically balanced.

06

Contain Sodium which helps
with the absorption of water
and some nutrients



Fast Facts

The body uses sodium to regulate blood pressure and blood volume.

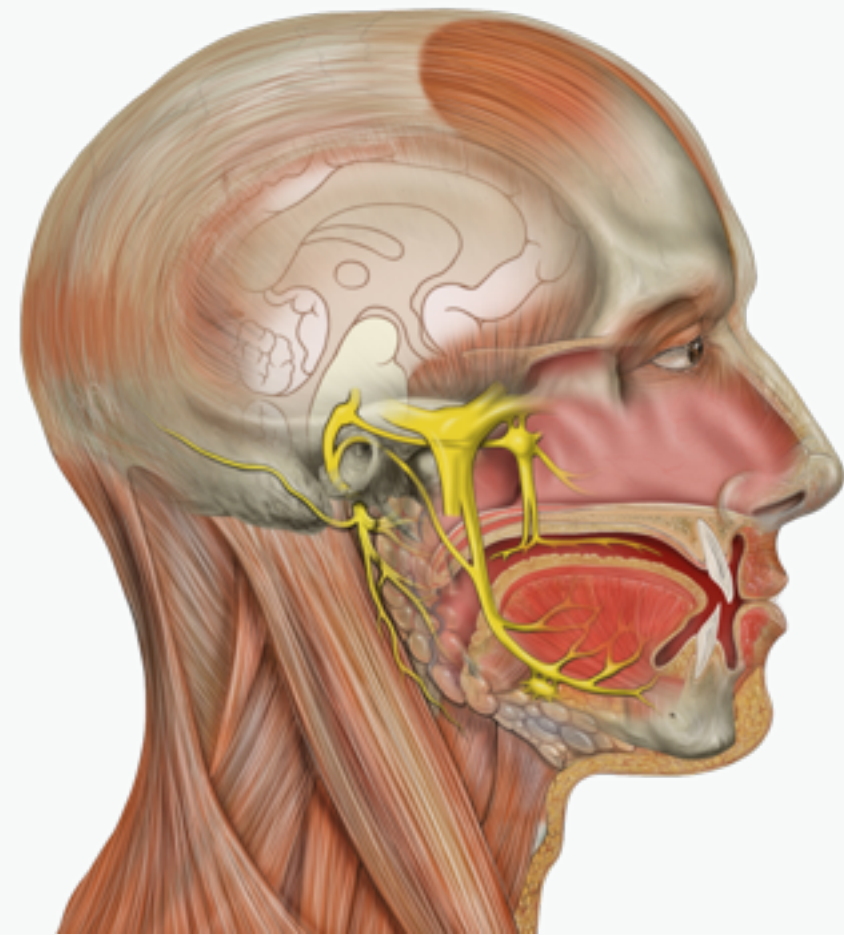
Fast Facts

Sodium = Salt



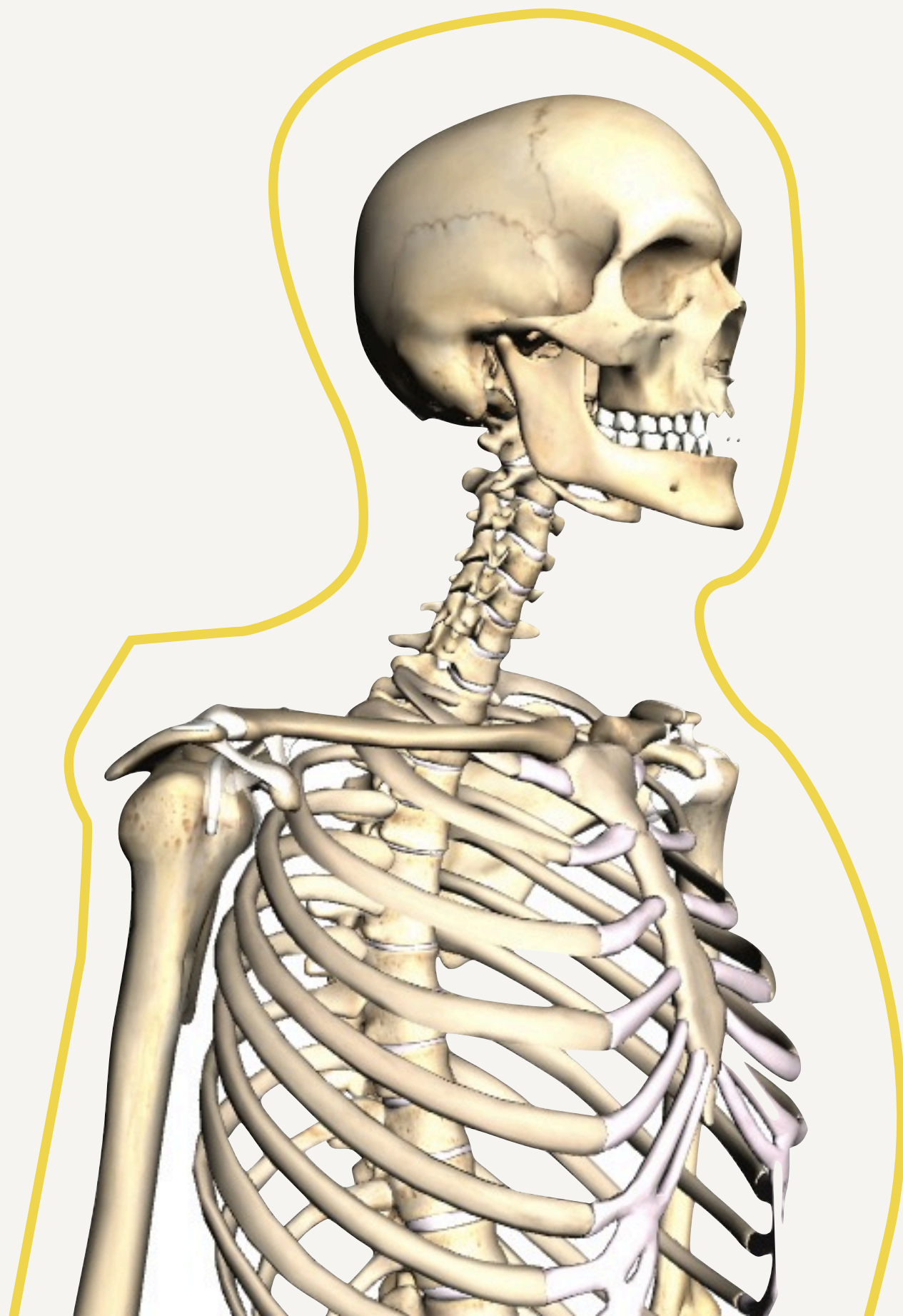
Fast Facts

Sodium is also critical for the functioning of muscles and nerves.



07

Calcium also helps strengthen
the bones

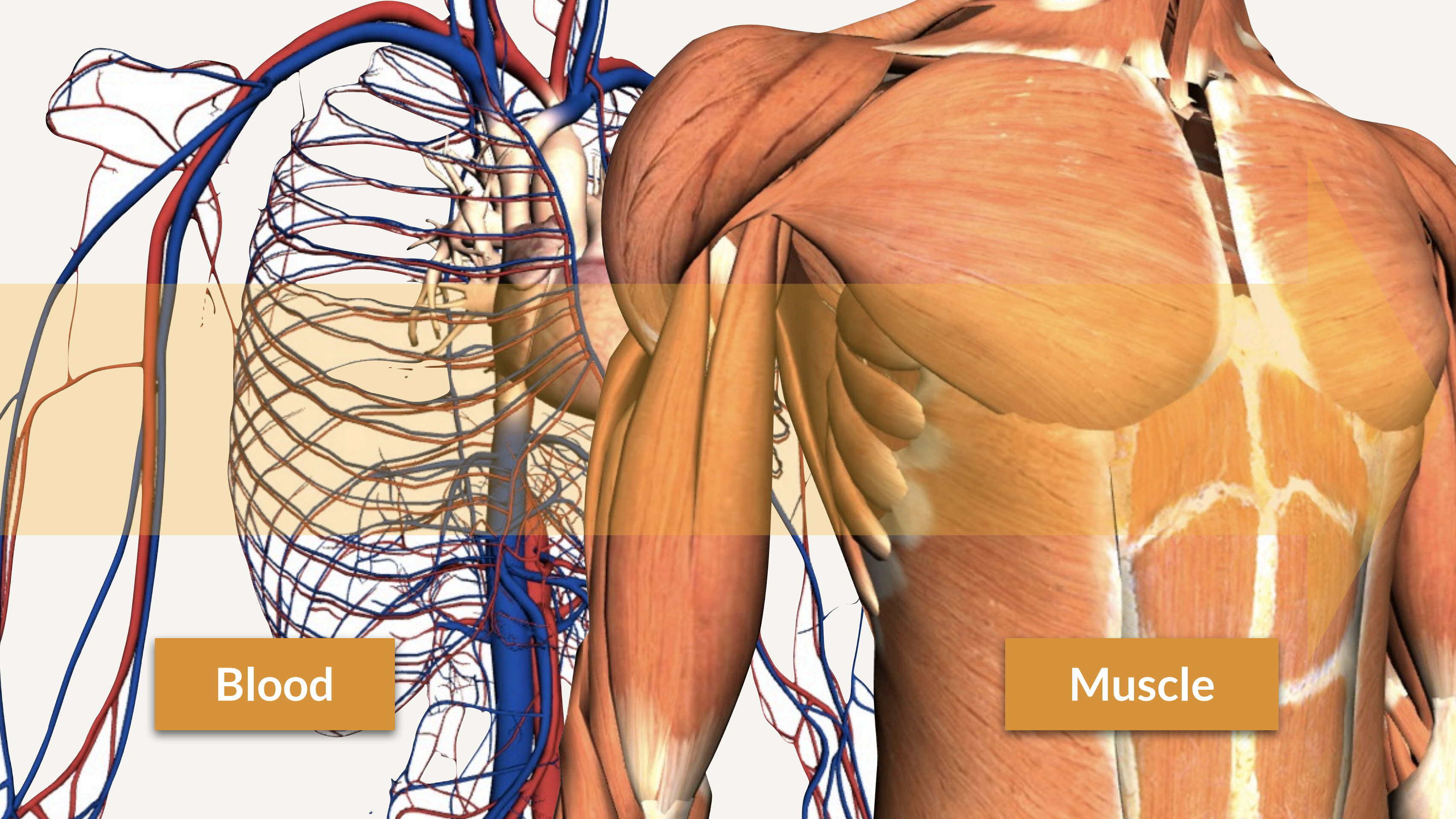


A 3D anatomical illustration of the human skeleton. The top half shows a human skull in profile, and the bottom half shows a ribcage. The entire image is set against a dark gray background. A white rectangular box with rounded corners is centered in the middle, containing text.

Did you know?

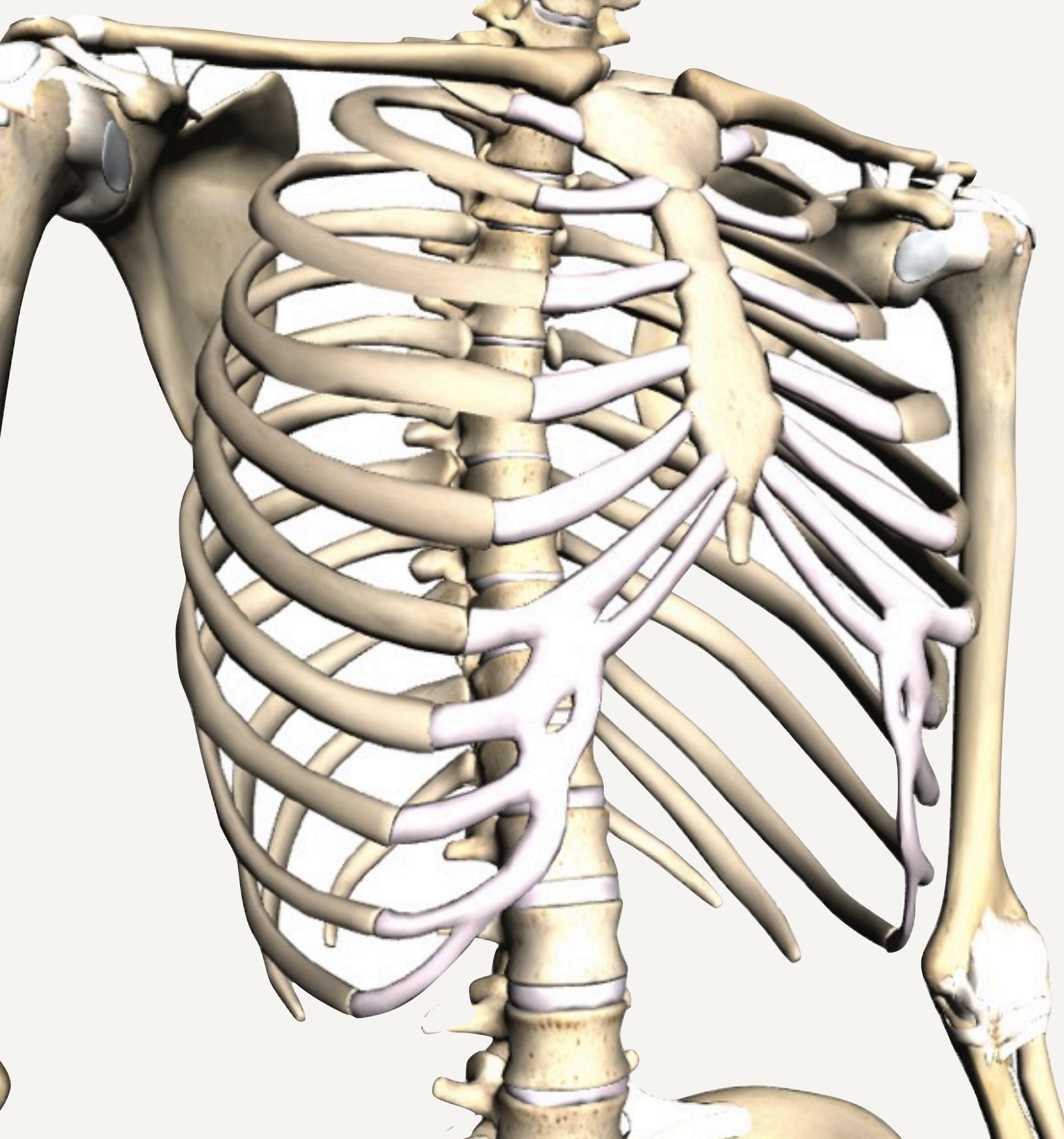
Bones contain most of the calcium
in the human body.

If we need **more calcium** for our blood, muscles, or other tissue, it comes from the bones.



Blood

Muscle

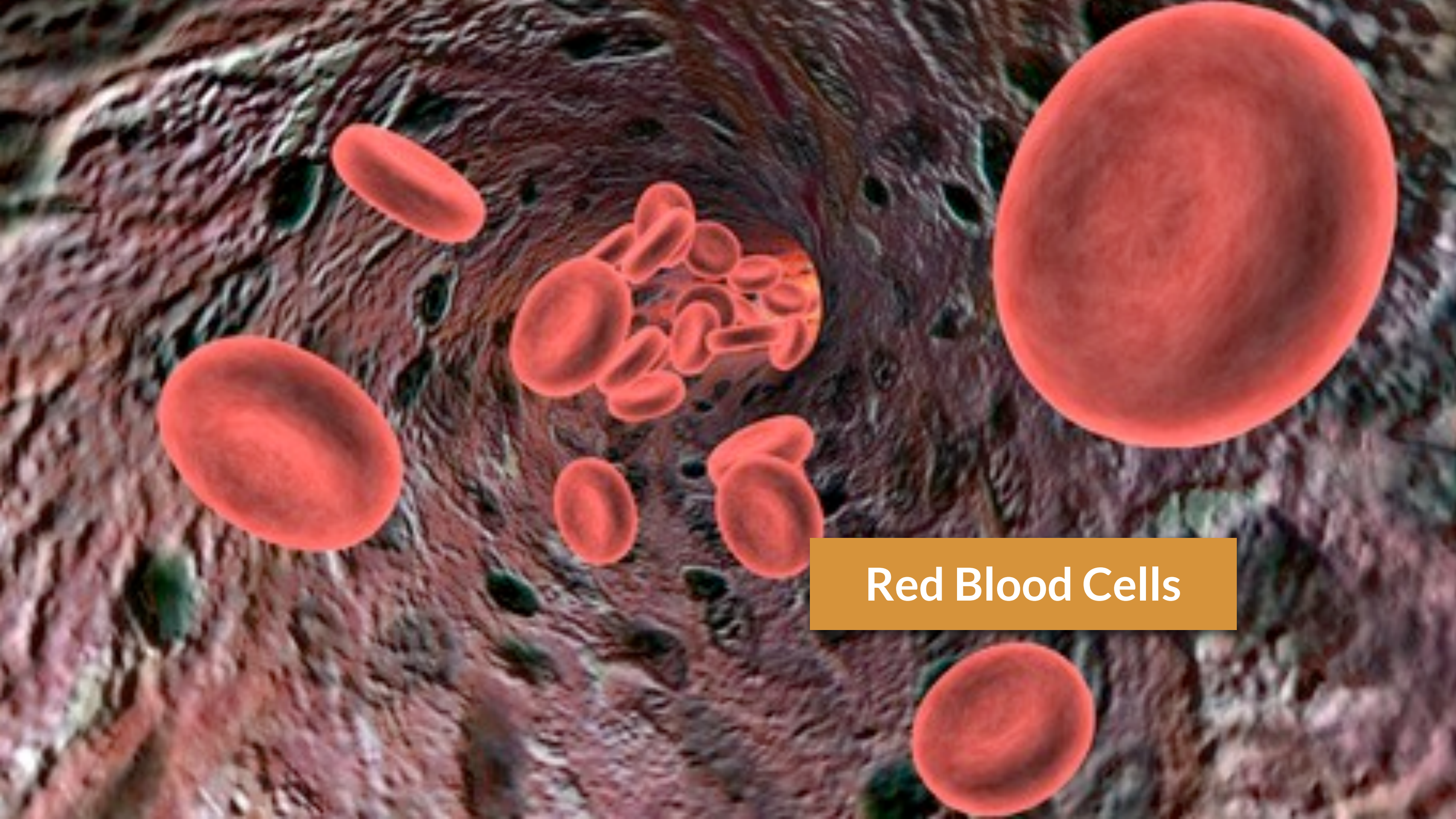


If we have extra calcium it goes into bones.

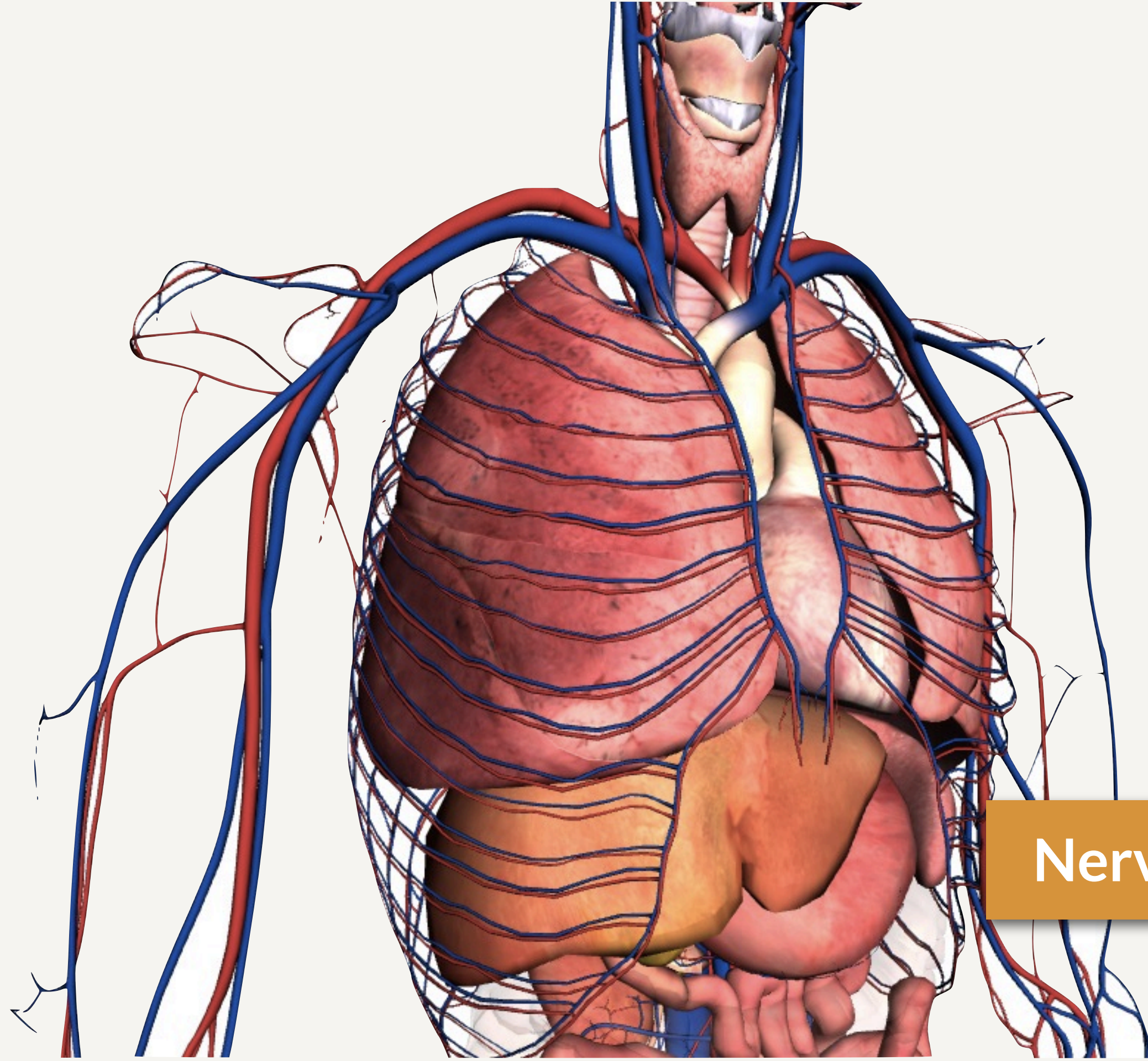
Bones

08

Iron. Help our red blood cells
deliver oxygen to the rest of
the body



Red Blood Cells



Nerves System

Vitamin C helps the
body absorb iron.



Did you know?

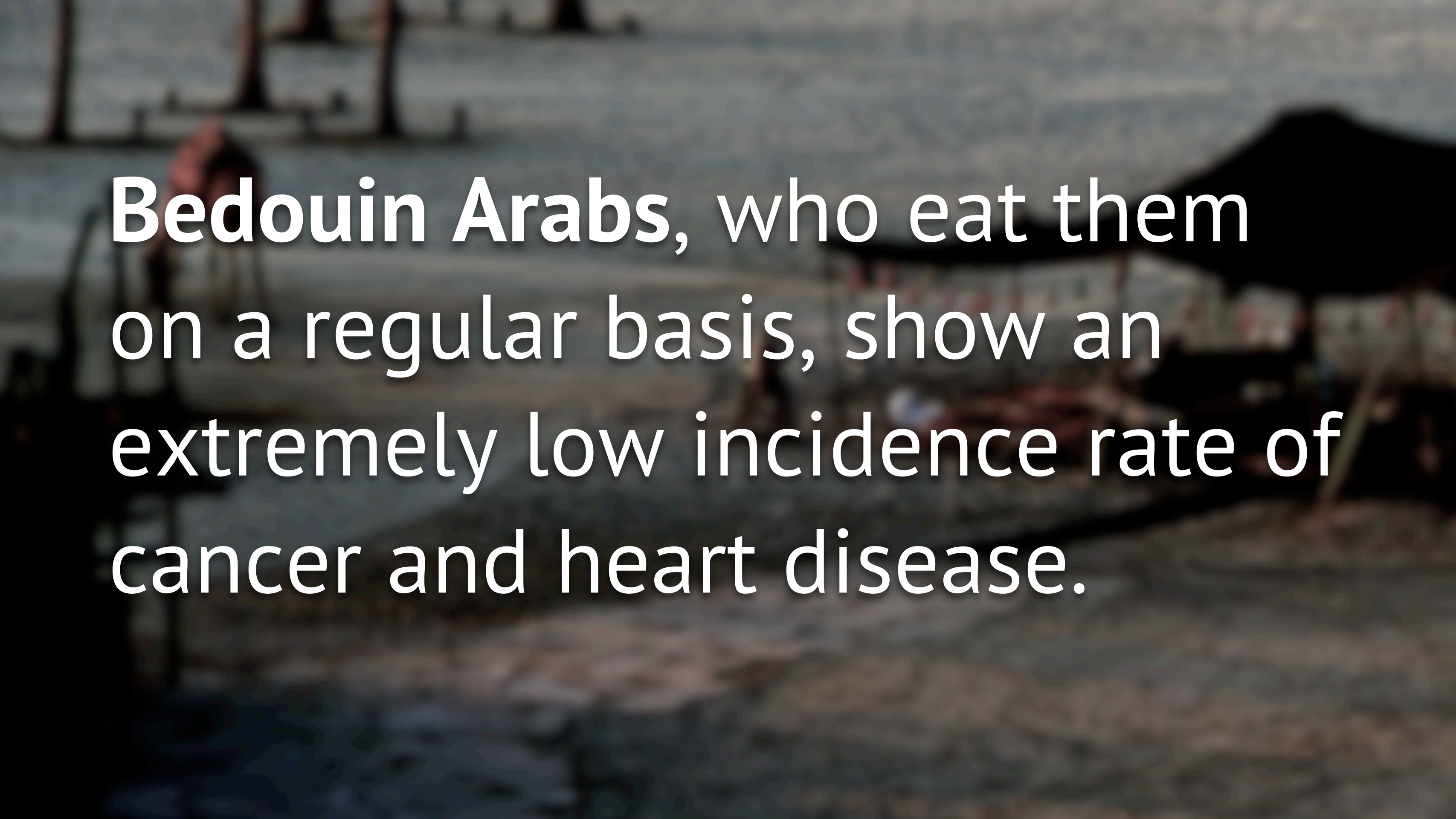
Iron is the only nutrient for which women have a higher daily requirement than men.

09

Useful in the treatment of
respiratory disorders, heart
conditions, cancer

Due to its high magnesium and calcium content.



The background is a blurred photograph of a Bedouin camp. It shows several white tents with dark roofs, some people, and a dirt path. The overall tone is muted and slightly desaturated, with a focus on the text overlay.

Bedouin Arabs, who eat them on a regular basis, show an extremely low incidence rate of cancer and heart disease.



10

One of the sunnah from our
Prophet Muhammad PBUH

“*Break your fast by eating
dates as it is purifying.*”

Hadith Narrated by Ahmad



Subhanallah

syukran

Nothing but Knowledge

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Syukran (Thank you) for reading!

The logo for Syukran, featuring the word "syukran" in white lowercase letters on a dark teal rectangular background.